



A booking coordinator will contact your patient to schedule their appointment. Pain management services are covered by Alberta Health Care (unless otherwise indicated).

- **Please bring** your health insurance card, photo identification, and this requisition form to your appointment.
- **Arrive 15 minutes prior to your appointment.** If you are late, your examination may have to be postponed to a later date.
- Allow 20–30 minutes for your appointment and wear comfortable clothing.
- There are no food or drink restrictions. If you are an insulin-dependent **diabetic**, please ensure you have some juice and/or a small snack after taking your insulin.
- Continue taking all of your current medications. If you are on **anticoagulant drugs** (Plavix, Coumadin, Warfarin) you may need to have your INR checked and may need to stop your medication prior to the procedure. Our booking coordinator will discuss this with you.
- **ALL INTRA-ARTICULAR MEDICATIONS (CORTICOSTEROID AND LONG-ACTING LOCAL ANAESTHETIC) ARE PROVIDED TO YOU AT YOUR APPOINTMENT.**  
**IF YOU ARE PRESCRIBED VISCOUSUPPLEMENTATION WE OFFER SOME AT DIRECT COST AT OUR FACILITY. OTHERWISE PLEASE BRING THIS MEDICATION WITH YOU TO YOUR APPOINTMENT.**
- If possible, please **have someone accompany you on the day of your test.** In case you have any discomfort, it may be more convenient to have someone else drive you home. Selective nerve root block, epidural injection, and radiofrequency ablation patients must have a driver.
- X-rays may be taken prior to the injection.
- Patients are allowed to leave after their exam with no recuperation time required. **Exception:** Selective nerve root block, epidural injection, and radiofrequency ablation patients will require an additional 15–30 minutes recovery after the procedure.
- Please contact us if you have any questions about these procedures.
- Please do not bring children who require supervision to your appointment.